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On CHILDREN OF TIME AND SPACE, OF ACTION AND IMPULSE—HYMAN S. LIPPMAN, M.D., in the *American Journal of Psychiatry*: "This is an important book . . . It should be read and studied by all who wish to better understand the treatment of all children disturbed by emotional conflict."

On GROUP THERAPY IN CHILDHOOD PSYCHOSIS—HAIM G. GINOTT, in *Contemporary Psychology*: "The book reads like a novel. The case histories are succinct and among the most insightful in the literature. . . . The encounters are so vivid that one can almost feel the panic and touch the tension. And when the last page of the book is reached, there is a sense of gratitude to the authors for letting us witness the process of reclaiming a child to humanity."

The difficulties inherent in performing effective psychotherapy with psychotic adults have long been recognized as being extremely serious. How much more so are those in attempting therapy with psychotic children. Until about ten years ago psychotherapy with these children was considered to be essentially impossible. However, in the last decade a new era of confidence has been cautiously developing based on new approaches to treatment which have resulted in increasingly more successful outcomes.

As Dr. Aaron H. Esman has noted in a recent paper: "Virtually every therapist who works seriously with psychotic and borderline children becomes aware in time of the necessity for modifying the basic psychotherapeutic technique to meet the special conditions obtaining in these disorders, i.e., the specific ego defects from which such children suffer. Conventional psychotherapies, which depend on normal capacities for verbal communication, reality testing, and impulse control, are obviously inapplicable to children for whom primary-process modes of thought and communication, inextricable penetration of fantasy into reality, and disorganized motor activity are the characteristic features of their illness."

The need for new directions in treating the psychotic child has sparked considerable research into therapeutic techniques, and has led many leading workers in the field to re-examine their basic procedures in handling these children. This month's Main Dual Selection is comprised of two particularly significant studies which examine *therapeutic approaches to childhood psychosis*: **CHILDREN OF TIME AND SPACE, OF ACTION AND IMPULSE**—by Rudolf Ekstein—and **GROUP THERAPY IN CHILDHOOD PSYCHOSIS**—by Rex W. Speers and Cornelius Lansing.

CHILDREN OF TIME AND SPACE, OF ACTION AND IMPULSE (subtitled *Clinical Studies on the Psychoanalytic Treatment of Severely Disturbed Children*) is an absorbing book which details all phases of the philosophy, theory and practice of intensive therapy with psychotic and borderline psychotic children and adolescents. The author, a highly respected psychoanalyst and clinical psychologist, is Director of a Project on Childhood Psychosis at the Reiss-Davis Child Study Center in Los Angeles. His book is based on two decades of clinical investigation at that outpatient Center and at the Southard Residential School for disturbed children.

Using boldly original devices, a variety of techniques is described which permit the therapist to introject himself into the *inner world* of the child. By becoming part of the "comparatively undifferentiated matrix" of the child's inner life the therapist is able to establish a relationship with the child, out of which grows the child's identification

with the therapist. But the process is long and laborious. Having regressed to a self-protective isolation in an effort to escape the ruinous symbiotic link with his mother, the child struggles against the intrusive help he so desperately seeks.

Identification with the therapist is threatening, since in the child's experience contact with others has resulted in rejection. He fears his isolation, but he also fears the therapist's attempts to help him establish his own identity. With time, however, and with careful nurturing, this identification begins to develop. And from it come the first signs of ego growth.

The *action* and *impulse* of the title, together with primary-process thinking, describe these children and serve to differentiate them from their nonpsychotic counterparts. Throughout the book, the author repeatedly compares the behavior and mental processes of the psychotic and nonpsychotic child, presenting much useful material for the practitioner working with disturbed children who are not psychotic.

Acting-out is discussed at length; for these children acting-out has often been interpreted as resistance, but Dr. Ekstein points out that it is really a way of fighting their isolation, of trying to establish a line of communication with the external world. With ego growth, this impulsive action develops into "play action," described as primary-process "trial thought"—a rudimentary form of reality testing.

Further ego development leads to fantasy and then to "action fantasy" (play acting) and the trying out of new roles. Secondary-process thinking then develops, and the child begins to operate in a world of reality. With progression to each new stage, Dr. Ekstein demonstrates the gradual change from psychotic to neurotic defenses. But as each new stage is encountered there is a renewed danger of precipitating a tragic regression, a return to an autistic adaptation. It is in manipulating this precarious balance that the subtle finesse of the therapist is given its strictest test.

The book also examines the difficulties of accurate diagnosis, the term "borderline" being used to describe severe neurotic disorder simulating a true psychosis. The problem of countertransference is treated in depth. Extensive case reports, clinical observations and transcriptions of sessions are included, and individual cases are followed over time in order to observe progress.

CHILDREN OF TIME AND SPACE, OF ACTION AND IMPULSE offers no "fixed therapeutic prescription;" the author and his co-workers accept that these children are poor treatment risks. As Dr. Ekstein says: "*We must all admit that we are hardly more than beginners. We work by*

trial and error. Each case for us is a new scientific experiment." But with this cautious statement Dr. Ekstein offers many keen insights and much extremely useful information based on his extensive, fruitful research.

Attacking the problem from a different standpoint, **GROUP THERAPY IN CHILDHOOD PSYCHOSIS** reports on a unique experiment involving five psychotic children, 3½ to 4½ years of age at the outset. The continuing study, in progress since 1960, was undertaken in order to investigate "the feasibility and effectiveness of group therapy in the treatment of young psychotic children and of the collateral group therapy of their parents."

Taking as their theoretical frame a novel fusion of Margaret Mahler's work on "symbiotic psychosis" and E. J. Anthony's conceptualization of "group ego," Drs. Speers and Lansing—both child psychiatrists at the University of North Carolina School of Medicine—based their therapeutic strategy on the insistence of the experience of reality. At all times the therapist thrust reality on the children, interfering with their autistic behavior and jolting them out of their regressive withdrawals.

The detailed chronological account of the children's group therapy (while other therapeutic approaches were employed, the emphasis was on group treatment), involving two weekly sessions for a total of over 800 hours, will interest anyone who works with disturbed children. A particular virtue of the therapeutic process was the flexibility of its approach; pragmatically determined changes in procedure were instituted as new situations arose.

Case histories on each of the five children and their families are unusually complete. In each case the particular family pathology is vividly described and the difficulties in involving the parents in therapy become extremely clear. Correlations between the children's and mothers' therapy groups are examined, and the authors provide theoretical discussions of pathological mother-child symbiosis and pathological parental and parent-child interactions within a psychoanalytic frame of reference.

GROUP THERAPY AND CHILDHOOD PSYCHOSIS places particular emphasis on the first two years of the experiment for those who might wish to attempt analogous methods of therapy.

The treatment of the psychotic child has been viewed with prognostic pessimism for far too long. New approaches to therapy are being developed, and these two books—**CHILDREN OF TIME AND SPACE, OF ACTION AND IMPULSE** and **GROUP THERAPY IN CHILDHOOD PSYCHOSIS**—may indeed indicate two of the most promising.

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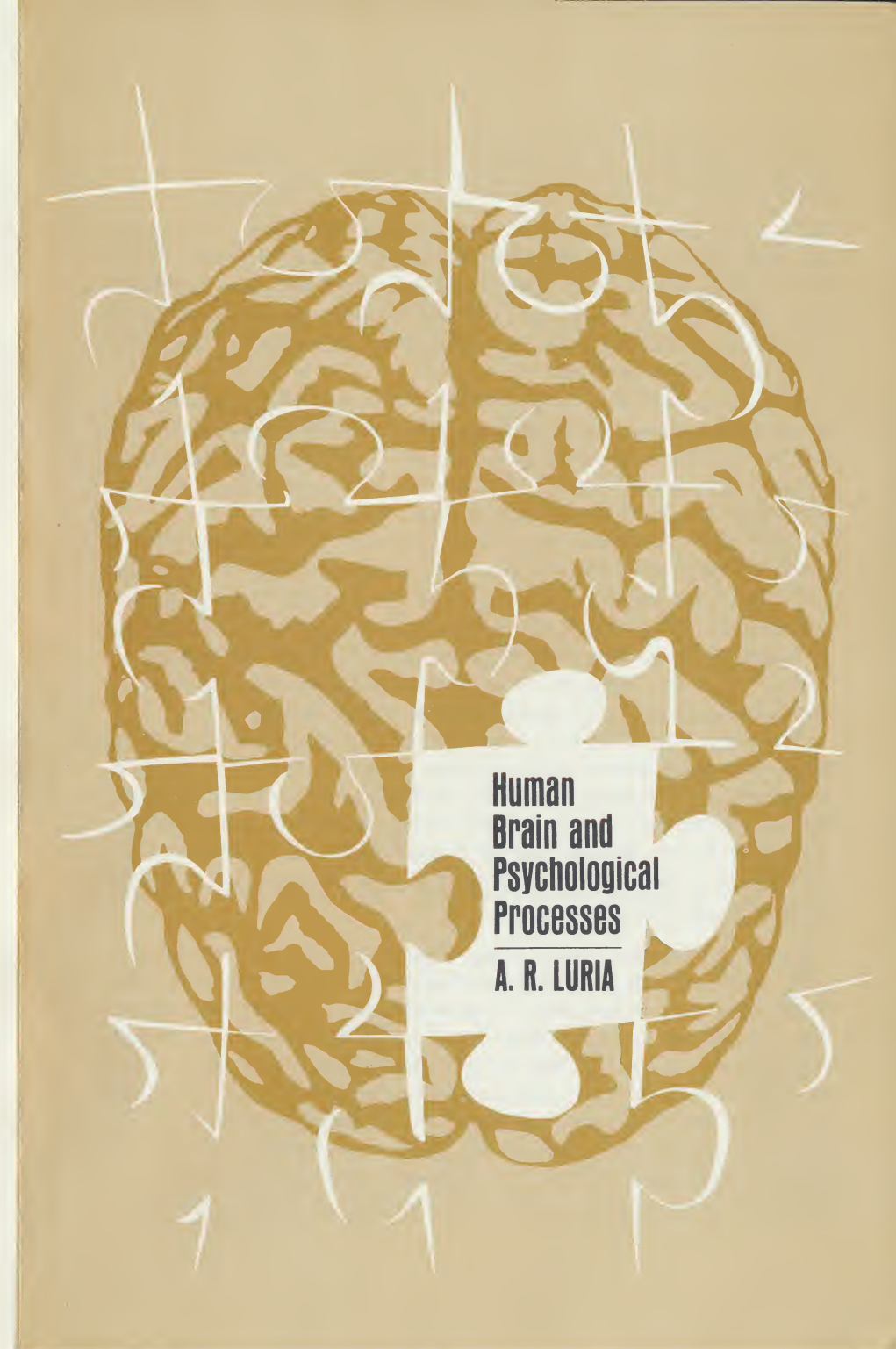
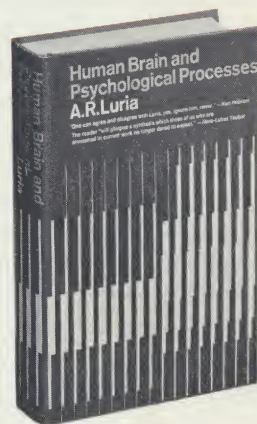
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a statement by HANS-LUKAS TEUBER
Professor and Chairman, Psychology Department
Massachusetts Institute of Technology

During the last decade, neuropsychology—the study of brain and behavior—has evolved with unforeseen rapidity. Methods for analyzing behavior in its dependence on cerebral functions proliferate, from refined ablation techniques to those involving electrical stimulation and recording, with a promise of more effective neurochemical and radiochemical methods to come.

It is only natural that in this welter of activity, there is less and less occasion for synthesis, or for work displaying the unity of style and purpose that can be seen in the writings of the late Karl Lashley, on learning in rodents after selective cerebral ablations, or in the long series of observations on brain-injured men by the late Kurt Goldstein.

Under these conditions, the present generation of neuropsychologists should welcome this volume by Professor Alexander Luria. **HUMAN BRAIN AND PSYCHOLOGICAL PROCESSES** gives access, through translation, to a collection of articles—ten in all—written by Professor Luria over a period of nearly 30 years, from just before the Second World War through the early 1960s, with several of the older essays enlarged and brought up to date by their author for the special purpose of republication.

The English-speaking reader, used to the terse exposition required by his own journals, has to work hard if he wants to follow all of these descriptions, often monographic, and presented in loving detail, in which Professor Luria discusses the behavioral consequences of cerebral gunshot wounds or tumors in man. Yet the reader's effort will be rewarded. He will glimpse a synthesis which those of us who are enmeshed in current work no longer dared to expect.

Although concerned with detailed descriptions of individual patients, Professor Luria is not averse to certain bold generalizations; thus, he proposes that posterior lesions (occipital, parietal) in the dominant hemisphere are much more likely to interfere with what he calls “*simultaneous synthesis*”—that is, the simultaneous spatial organization of visual or auditory input, or the corresponding requirements for spatial orientation in those complex human activities that involve construction, or certain aspects of calculation. By contrast, he believes that anterior cortical lesions are more likely to be followed by disturbances in the maintenance of serial order, or, as he puts it, “*successive synthesis*,” as seen in

speech or in other acquired sequences of movement, up to the highest levels of organized action.

The continuity with the earlier work of Vigotsky is remarkable, in a recurrent emphasis on the role of language in the early development of thought, and an equally bold insistence on reviving the old concept of “inner speech.” Correspondingly, there is a thoroughgoing concern with the role of action in perception. In fact, nearly all of Professor Luria's sketches of behavioral changes—whether these changes result from posterior or anterior lesions—show his willingness to follow the deficit across traditional boundaries of perception, action, and thought.

For this reader, however, the greatest rewards he gained from working through this series of essays lie in a confirmation of two views he has long held himself: first, a belief in the importance of further work on the normal development, in children, of those functions that are so particularly vulnerable to focal lesions in the adult. As Professor Luria shows us, much can be accomplished by comparing and contrasting the effects of, say, parietal or frontal lesions in previously normal adults with the primitive state of motor, perceptual, and intellectual capacities of very young children.

The other major encouragement this reader received from perusing **HUMAN BRAIN AND PSYCHOLOGICAL PROCESSES** lies in its insistent demands for extensive work on the problem of voluntary movements, their normal development, and their different forms of breakdown with disease or injury in cerebral cortex or basal ganglia. We have pointed out elsewhere that the seemingly refractory state of current attempts at functional interpretation of frontal-lobe syndromes, in animal and man, might be attributed to a preoccupation with analyses of sensory input, and to the rigid distinction of sensory and motor functions.

One is amazed at the convergent developments in our field, in spite of the differences in historical background, and in spite of the many obstacles to continuous communication between scientific workers in the East and West. Such parallel developments have been commonplace in studies of the physical universe, but they are certainly less expected in the study of man by man. Yet it is here, where we seem most hopelessly divided, that *reason must prevail if we want man to survive. By reasoning together about the nature of man, we may yet save man from himself.*

—excerpted from the *Preface*

"This is Karen Horney at her best. The essays are written by a woman analyst who understands women and they will understand her."

—MARTIN GROTJAHN, M.D.



"She seems to be bringing analysis into line with recent findings in the social sciences; she is making it easier for the clinical psychologist and the social psychologists to begin talking the same language. Dr. Horney has made a signal contribution within this larger framework; she has helped to unify the science of human understanding."

This fragment of a review of one of Karen Horney's books provides a concise summary of her major and—at times—explosive impact on the development of the fundamental framework of psychoanalysis and social psychology. Dr. Horney's ideas, many considered revolutionary when she first expressed them because they opposed much of Freud's theoretical structure, have since been incorporated into modern psychology.

Particularly interesting are her original statements concerning the psychology of women, compiled for the first time in this newly published book, *FEMININE PSYCHOLOGY*. With characteristic clarity, these fifteen previously uncollected papers—many heretofore available only in the original German—present Dr. Horney's views on a variety of related subjects: the masculinity complex in women, frigidity, distrust between the sexes, genital anxieties, feminine masochism, maternal conflicts, etc.

As a psychoanalytic pioneer who trained at the Berlin Psychoanalytic Institute in the 1920's, Dr. Horney began to question certain of Freud's theories, especially his libido theory, which her own careful clinical observations seemed to contradict. She felt that Freud's background and training, and the effects of the society in which he worked, led him to formulations

that were male-oriented and materialistic rather than purely biological, as he claimed. She challenged Freud's notion that woman was motivated chiefly by her envy of the male sex organ, asserting that woman envied masculine attributes and opportunities, not masculine anatomy and physiology. Furthermore, she observed that man was subject to a much older and stronger dynamic factor—envy of motherhood.

FEMININE PSYCHOLOGY traces the course of her thinking on these and allied subjects. The several papers indicate how her consideration of the attitudes, actions and relationships of the female forced her to re-examine those of the male in the light of her findings. Thus, in her writings, she was able to offer valid comparisons of masculine psychology and feminine psychology, and to analyze the problems of women adjusting to "a man's world."

One of the most significant differences between Dr. Horney's view and Freud's was that *she equated illness with blockage of normal development rather than with resistance or fixation or regression*. In this, as in other aspects of her work, her approach was positive. As Harold Kelman—who collected and edited these papers—emphasizes in his introduction to *FEMININE PSYCHOLOGY*: "After confronting Freud's male-oriented psychology with her own so-called female psychology, Dr. Horney prepared the way for a philosophy, psychology, and psychoanalysis of whole people living and interacting with their changing environments. In reading these papers we see a woman of wisdom and experience at work searching for better ways to alleviate human suffering."

Dr. Horney's humanism, her clarity of thinking and simplicity of writing are all well represented in this book. Those familiar with her work will want to read *FEMININE PSYCHOLOGY*; those unfamiliar will find no better starting point for becoming acquainted with one of the great psychoanalysts of our time.

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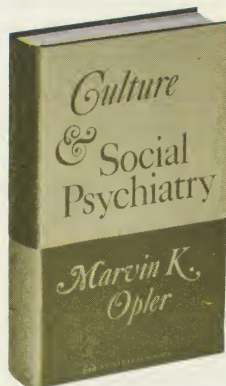
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culture and social psychiatry



CULTURE AND SOCIAL PSYCHIATRY is a brilliant and engrossing work of social synthesis, offering profound insights into the relationship between mental health and culture. Using his own extensive findings and his abundant knowledge of the cross-cultural studies in psychiatry, anthropology and sociology, the author demonstrates that throughout history mental disorders have been closely linked with the prevailing culture and have thus changed in kind and extent.

The author, Marvin K. Opler, is an outstanding specialist in his field. Currently Professor of Social Psychiatry and Professor of Sociology and Anthropology at the State University of New York at Buffalo, Dr. Opler has for many years been editor of *The International Journal of Social Psychiatry*, and was associate editor of the *American Anthropologist*. Among his other books are *Culture and Mental Health* and *Mental Health in the Metropolis: The Midtown Manhattan Study*.

CULTURE AND SOCIAL PSYCHIATRY represents a revision and expansion to nearly twice the size of Dr. Opler's earlier *Culture, Psychiatry, and Human Values*, now considered a classic in social and cultural psychiatry. The new materials present in greater depth the author's views on the connection between culture and mental health and broaden the perspectives of theory and research on cultural change and development, the migrations of acculturating populations, and the resulting shifts in diagnostic and therapeutic problems brought about by the stresses of the modern world.

Dr. Opler's major argument is that we will never fully understand mental disorder without first understanding the cultural meaning of its development. "One must start first with the social and cultural nature of the disorders themselves;" he asserts, "the type of illness and the amount will vary with conditions in different societies and cultures." This is the crucial fact—that the same behavior may, in diverse cultures, indicate different kinds of abnormality or possibly none at all. In presenting his evidence for this view, Dr. Opler brings together and synthesizes much of the vast literature on cross-cultural psychiatry.

In addition to its other virtues, as one reviewer of the earlier volume noted, this book "becomes probably the most authoritative and comprehensive source upon the distribution of different kinds of mental illness among the world's peoples."

Building on this information, the author documents the need for "a unified behavioral science combining anthropology and soci-

ology, as basic social sciences, with psychology and social psychiatry as basic behavioral sciences, no longer compartmentalized and artificially separated into psychological medicine, as it is called in Scotland, psychiatry as it is called in the United States, or medical psychology as it is called elsewhere." He points out that mental disorders have changed with cultural evolution, that the more serious illnesses have increased in much of the world, and that the accompanying ills of undeveloped economies, unemployment in urban areas, and the problems of family breakdown, delinquency, prostitution, drug addiction, and suicide make the interdisciplinary approach increasingly more relevant.

Classical psychoanalysis is rejected as too narrowly conceived, Daseins-analysis as too incomplete. In their place, CULTURE AND SOCIAL PSYCHIATRY proposes a "relational system of behavioral analysis" in order to develop new and flexible cross-cultural diagnostic categories—"not simply to understand the origin and meanings, to patients, of symptom complexes and defensive maneuvers, but to eliminate symptoms, support healthy interpersonal assets, and decrease reliance upon isolating and self-defeating tendencies in the psychic economy."

CULTURE AND SOCIAL PSYCHIATRY, though just published, is already being widely discussed. It is certain to stimulate the same critical acclaim as did its earlier edition:

"Dr. Opler has produced an impressively successful synthesis of his own empirical work and of materials in the vast but scattered literature . . . This book also brings together much valuable description of various symptom pictures and comments upon their etiology . . . Finally, it is a noteworthy contribution to theory, judiciously linking cultural psychiatric-psychological, and value-theory components."

—CLYDE KLUCKHOHN in *American Anthropologist*

"An important milestone in the growth and development of the field of social psychiatry. It contains lucid documentation of studies which illustrate inadequacies of many psychiatric beliefs."

—Archives of Neurology and Psychiatry

"A tightly written study in which both its author and the social sciences can justly take pride. Combining rigorous scholarship and philosophical breadth, it integrates psychiatry and anthropology, taking the best from each and weaving them together into a theoretical framework of great strength and insight."

—EDMUND CARPENTER in *The American Journal of Psychiatry*

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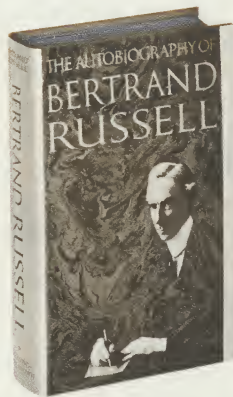
The citation that accompanied the 1950 Nobel Prize said it this way, simply and eloquently: "In recognition of his versatile and significant writings, which have showed him to be a champion of humanity and the freedom of thought." **THE AUTOBIOGRAPHY OF BERTRAND RUSSELL** is a marvelous testament to the rebellious courage, the plain speaking and the fiery strength of this wonderfully resilient human being.

"He happens to be a great thinker but that is not really essential to his being a prophet. He, together with Einstein and Schweitzer, represent the answer of Western humanity to the threat of existence..."

— Erich Fromm

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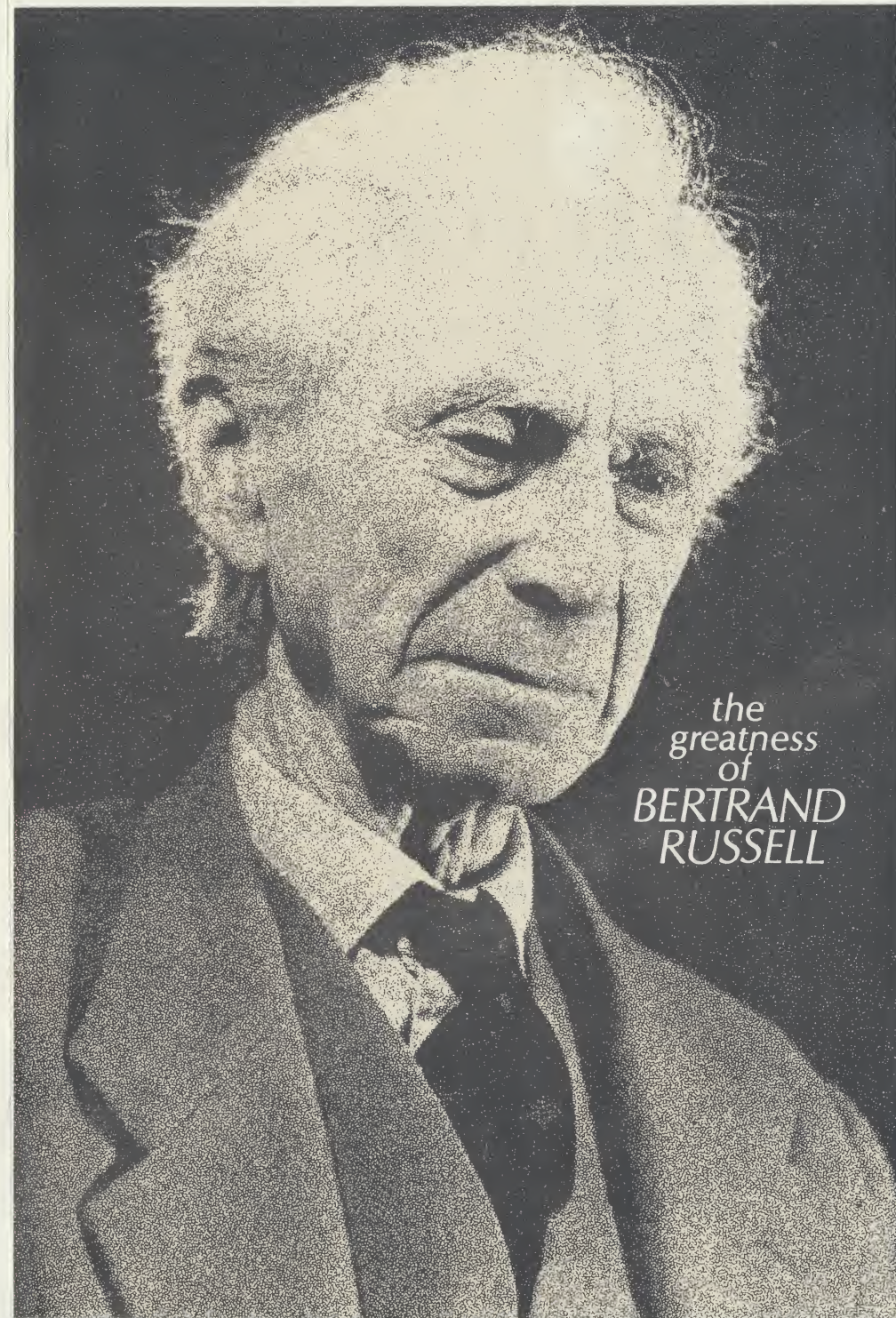
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WHAT I HAVE LIVED FOR

 **T**HREE passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy — ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness — that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what — at last — I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a hated burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate the evil, but I cannot, and I too suffer.

— from the Introduction to
THE AUTOBIOGRAPHY OF BERTRAND RUSSELL

THE AUTOBIOGRAPHY OF BERTRAND RUSSELL begins with the words reproduced on the opposite page. Philosopher, mathematician, logician and social reformer, the 3rd Earl Russell is among the towering intellectual and humanitarian figures of this century. Unlike Freud, Einstein, Schweitzer and Shaw, Bertrand Russell alone has undertaken to tell the story of his life.

Certain to be one of the most significant books of this or any century, THE AUTOBIOGRAPHY OF BERTRAND RUSSELL covers the first forty-two years of his life — in many ways the most important years of a highly productive and controversial career.

Born in 1872, the grandson of a famous prime minister and reformer, Bertrand Russell had lost both parents by the age of four. His grandmother, the Dowager Countess Russell, reared him as a proper Victorian. In Russell's words, she had "that indifference to money which is only possible to those who have always had enough of it." Privately educated, at the age of eleven he made one of the most momentous discoveries of his life: he found the world of mathematics in Euclid's *Geometry*.

Russell made his way to Cambridge University at eighteen and here his intellectual virtuosity was noticed by Alfred North Whitehead (later to be his collaborator in the monumental work, *Principia Mathematica*). Here, too, he made friends with the great intellectuals of his time — economist John Maynard Keynes; Greek scholar Gilbert Murray; J. M. E. McTaggart, the Hegelian philosopher; the gentle essayist Lowes Dickinson; Charles Sanger, a brilliant mathematician; and G. E. Moore, later the author of *Principia Ethica*.

At the age of twenty-two, Russell was married to Alys Smith, sister of Logan Pearsall Smith and sister-in-law of Bernard Berenson. Both parties were rebellious and idealistic and the marriage was, eventually, an unhappy one. Writing with candor and frankness, Russell does not shy away from describing the reasons for its unhappiness nor from detailing the love affairs that followed it. Nor does he spare any detail of his philosophical disputes and quarrels, his rise to honors, his travels, his friendships, and his religious and social self-questioning. As the book ends, Russell is preparing to go to jail to protest the madness of Britain's participation in World War I.

There is much about Bertrand Russell to incite controversy. In this, he himself — unlike so many other thinkers — sees one of the most vital and natural purposes. His entire life's work has been a stimulating vindication of the reality of common sense. Although Russell's work in the fields of philosophy and mathematical logic were epoch-making, it was not these scientific feats for which he was honored with the Nobel Prize for Literature.

(continued on back page)

Memorandum

To: The Members

From: The Membership Director

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What's enclosed for

September



Memorandum to members of
Behavioral Science Book Service
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(see other side)



The Main Dual Selection **Children of Time and Space, of Action and Impulse** and **Group Therapy in Childhood Psychosis** Two important books which explore promising new psychotherapeutic approaches to childhood psychosis. These significant studies describe boldly original techniques that have been demonstrated to be effective in treating children disturbed by severe emotional conflict.



Alternate Selection **Feminine Psychology** Karen Horney's views on the psychology of women, compiled for the first time in this newly published book. Among the topics Dr. Horney discusses are frigidity, distrust between the sexes, genital anxieties, feminine masochism, maternal conflicts, etc. "This is Karen Horney at her best."—*Martin Grotjahn, M.D.*



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Alternate Selection **Culture and Social Psychiatry** A brilliant and engrossing work of social synthesis, offering profound insights into the relation between mental health and culture. The author, Marvin K. Opler, argues that we will never fully understand mental disorder without first understanding the cultural meaning of its development.



Special Selection **The Autobiography of Bertrand Russell** Philosopher, mathematician, logician, social reformer — and intensely human being, Bertrand Russell comes alive in this candid autobiography that has already become one of the major books of our day. Alfred Kazin calls it "the extraordinary self-revelation of an extraordinary man . . . dashing . . . impudent."

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